

Progress Monitoring for Physical, Personal Care, Domestic Care, and Community Access Skills

Physical Skills

Sensory Integration			
Responds to sensory input with a variety of behaviors	Tolerates a variety of sensory input	Manages sensory input with assistance when over-loaded	Applies a strategy to regulate sensory input
<ul style="list-style-type: none"> • Interacts with environment using tactile senses • Uses auditory senses to interact with the environment • Uses visual sense to interact with environment • Uses olfactory sense • Participates in a consistent sleeping and eating schedule 	<ul style="list-style-type: none"> • Responds to sensory input with a variety of behaviors • Tolerates a variety of tastes. • Tolerates touch • Tolerates variety of levels of sound • Tolerates light. • Tolerates being messy 	<ul style="list-style-type: none"> • Tolerates a variety of sensory input • Calms with security object or familiar person • Calms when taken to different environment • Calms when redirected 	<ul style="list-style-type: none"> • Manages sensory input with assistance when over-loaded • Regulates sensory input with assistance • Comforts self • Uses simple routines, rules to cope • Independently uses a strategy • Regulates own schedule for sleeping, eating

Physical Stability			
Demonstrates strength in resisting gravity	Demonstrates movement with strength	Demonstrates stability and balance in upright position with assistance	Demonstrates stability, balance and control in upright position
<ul style="list-style-type: none"> • Controls head purposefully • Turns head when on back • Turns head when on stomach • Controls head when in supported sit • Sits momentarily with support of caregiver 	<ul style="list-style-type: none"> • Demonstrates strength in resisting gravity • Demonstrates movement when on stomach • Demonstrates movement when on back • Raises head and chest when on stomach • Moves arms and legs when on back or stomach 	<ul style="list-style-type: none"> • Demonstrates movement with strength • Sits with support • Stands a few moments with help • Pulls to standing holding onto someone or something • Sits in chair from standing 	<ul style="list-style-type: none"> • Demonstrates stability and balance in upright position with assistance • Sits independently • Bears weight on a variety of body parts. • Transitions to sit from back or stomach • Transitions to back or stomach from sit • From sit position, reaches with either arm maintains balance • Stands from sitting position • Stoops and picks up small object and regains stand

Gross Motor Skills				
Rolls	Crawls, Creeps	Moves in upright position	Coordinates complex movements	Sustains physical activity
<ul style="list-style-type: none"> Rolls from back to stomach Rolls from side to back Rolls from stomach to back. 	<ul style="list-style-type: none"> Rolls Creeps on hands and knees without stomach touching floor Moves up and down inclines 	<ul style="list-style-type: none"> Crawls, Creeps Walks with hand held Walks up and down stairs with support Cruises around furniture 	<ul style="list-style-type: none"> Moves in upright position Walks without support Walks up and down stairs with alternating feet. Walks up and down stairs independently Runs for short distances Moves forward on a riding toy Jumps forward Jumps over line. 	<ul style="list-style-type: none"> Coordinates complex movements Runs, stops, changes direction Hops Skips Gallops Runs smoothly with changes in speed when necessary. Combines motor skills to use some sport equipment Performs simple tumbling stunts

Object Control				
Grasps, reaches and releases objects	Releases objects with control	Uses both hands in middle of body	Throws, catches and kicks objects	Throws, catches, kicks objects with control
<ul style="list-style-type: none"> Demonstrates grasping Reaches across body to grasp object Reaches into containers and grasps object. Obtains objects independently Drops objects Grasps both hands together in middle of body 	<ul style="list-style-type: none"> Grasps, reaches and releases objects Gives object to another person Puts objects in containers Releases objects 	<ul style="list-style-type: none"> Releases objects with control Use one hand to hold object while using the other to manipulate Uses hands to do finger play songs 	<ul style="list-style-type: none"> Uses both hands in middle of body Throws object in any direction Throws an object overhand Throws an object underhand Catches balls that were directly tossed or bounced Catch large ball close to body Walks into ball to kick Kicks stationary ball forward 	<ul style="list-style-type: none"> Throws, catches and kicks objects Throws at a target Demonstrates variations of throwing a ball (sidearm, one hand, two hands). Catches balls that were indirectly tossed or bounced. Catches smaller ball with hands Kicks ball by lifting foot Kicks rolled ball forward. Walks or runs up to kick a ball.

Precision Hand Skills		
Grasps small objects	Isolates one or two fingers	Uses fingers of two hands to complete activities
<ul style="list-style-type: none"> Grasps small objects independently with whole hand Holds small object in each hand Bangs small object on surface Bangs two small objects together 	<ul style="list-style-type: none"> Grasps small objects Pushes buttons with finger or fingers to activate toys Turns or manipulates a variety of buttons on pop up box Rotates objects in hand Uses visual motor perception to manipulate objects Uses thumb and side of finger to grasp small objects Uses thumb and two or more fingers to grasp tools 	<ul style="list-style-type: none"> Isolates one or two fingers Uses scissors to snip on a line Uses markers and pencils while holding paper Folds and tears paper Holds ruler with one hand while using pencil to draw Holds paper with one hand while applying glue with the other

Personal Care Skills

Oral Motor			
Coordinates sucking, swallowing, breathing	Swallows pureed or lumpy food	Uses tongue to move and munch solid food	Chews with rotary movement
<ul style="list-style-type: none"> • Opens and closes lips in succession • Purse and rounds lips • Swallows liquids without choking or gagging in a semi-relaxed position and without much leakage • Makes a smile and a frown 	<ul style="list-style-type: none"> • Coordinates sucking, swallowing, breathing • Closes lips when swallowing • Accepts pureed or lumpy food from spoon and swallows 	<ul style="list-style-type: none"> • Swallows pureed or lumpy food • Extends tongue • Sweeps tongue around mouth and lips • Manipulates food with tongue 	<ul style="list-style-type: none"> • Uses tongue to move and munch solid food • Manipulates food laterally • Chews with lips together

Self-Feeding				
Cooperates with feeding	Assists in feeding self	Feeds Self	Uses utensils and open cup to feed self	Serves self food and drink
<ul style="list-style-type: none"> • Places hands on sippy cup or alternate closed cup or holds own cup • Accepts food off of a spoon • Uses tongue to reject food • Brings food to mouth with hand 	<ul style="list-style-type: none"> • Cooperates with feeding • Drinks from cup with assistance • Grasps eating utensils • Uses sippy cup or alternate closed cup • Uses fingers to eat small pieces of food 	<ul style="list-style-type: none"> • Assists in feeding self • Holds and drinks from open cup with some spilling • May practice feeding self with a spoon 	<ul style="list-style-type: none"> • Feeds Self • Uses utensils to feed self • Drinks from open cup without spilling 	<ul style="list-style-type: none"> • Uses utensils and open cup to feed self • Pours liquid from a container into cup • Spoons food from a container to own plate • Spreads with knife

Dressing/Undressing		
Cooperates in dressing/undressing	Assists in dressing/undressing	Completes dressing/undressing
<ul style="list-style-type: none"> • Holds up arm or leg to dress • Allows caregiver to dress and undress him/her • Extends neck when clothing pulled over head 	<ul style="list-style-type: none"> • Cooperates in dressing/undressing • Assists in removal of pull-over or front opening garments • Assists in removal of pants/shorts • Takes off coat, jacket, caregiver unfastens • Pulls up pants after caregiver assists • Puts on coat, jacket, caregiver fastens • Unzips or zips after caregiver prepares • Puts on unfastened shoes 	<ul style="list-style-type: none"> • Assists in dressing/undressing • Removes socks or shoes • Puts on socks and shoes • Removes loose fitting clothes • Unfastens and fastens fasteners, button, snaps, zippers • Gets clothes right-side and front and back correctly • Puts on pants/shorts • Puts on coat, jacket, hat, and mitten or gloves • Puts shoes on correct feet

Care of Hands, Face, Nose		
Cooperates in personal care routines	Assists in personal care routines	Completes personal care routines
<ul style="list-style-type: none"> • Cooperates in washing and drying hands • Cooperates in washing and drying face • Allows nose to be wiped • Dries palms 	<ul style="list-style-type: none"> • Cooperates in personal care routines • Rubs hands together to wash and dry • Gets soap and washcloth/napkin • Recognizes need to clean hands, nose, face • Dries tops of hands • Dries face • Blows nose into a held tissue 	<ul style="list-style-type: none"> • Assists in personal care routines • Washes and dries hands completely • Uses tissue to clean nose • Washes and dries face

Toileting		
Demonstrates awareness of toileting	Participates in toileting	Completes toileting independently
<ul style="list-style-type: none"> Indicates awareness of soiled diaper Cooperates with being placed on toilet 	<ul style="list-style-type: none"> Demonstrates awareness of toileting Anticipates and communicates toileting needs Uses toilet with help Toilets at scheduled time 	<ul style="list-style-type: none"> Participates in toileting Manages clothing for toileting Uses toilet paper Flushes toilet Washes hands after toileting

Bathing and Personal Hygiene		
Demonstrates awareness of personal hygiene	Participates in bathing and personal hygiene	Completes bathing and personal hygiene independently
<ul style="list-style-type: none"> Cooperates in washing and drying hands Cooperates in washing and drying face Allows nose to be wiped 	<ul style="list-style-type: none"> Demonstrates awareness of personal hygiene Assists in personal care routines Holds head in position while hair is brushed/combed. Rubs hands together to wash and dry Gets soap and washcloth/napkin Recognizes need to clean hands, nose, face Dries tops of hands Blows nose into a held tissue Locates all needed supplies for bathing. Locates all needed supplies for washing hair. 	<p>Participates in bathing and personal hygiene</p> <ul style="list-style-type: none"> Bathes or showers Washes hair. Rinses hair completely Dries hair Brushes/combs hair Uses deodorant. Uses razor/shaver. Cares for own nails. Maintains schedule of personal self care

Dental Care		
Demonstrates awareness of dental care	Participates in dental care	Completes dental care independently
<ul style="list-style-type: none"> Tolerates brushing teeth. Cooperates with brushing teeth. 	<ul style="list-style-type: none"> Demonstrates awareness of dental care Holds toothbrush to teeth. Spits out toothpaste and water. 	<ul style="list-style-type: none"> Participates in dental care Opens toothpaste. Puts toothpaste on brush. Brushes all surfaces of teeth Rinses out mouth. Uses dental floss

Manages Dietary Needs		
Demonstrates awareness of dietary needs	Participates in planning for dietary needs	Independently manages dietary needs
<ul style="list-style-type: none"> Distinguishes between food and nonfood substances. 	<ul style="list-style-type: none"> Demonstrates awareness of dietary needs Identifies food served at breakfast, lunch and dinner Chooses nutritious food with assistance Plans menus for balanced meals with assistance Manages dietary needs with assistance Stores food properly with assistance Monitors freshness and disposes of spoiled food with assistance 	<ul style="list-style-type: none"> Participates in planning for dietary needs Chooses nutritious food. Restricts intake of unhealthy foods. Regulates quantity of foods consumed. Plans menus for balanced meals. Manages dietary needs. Stores food properly. Monitors freshness and disposes of spoiled food

Maintains Physical Fitness		
Demonstrates awareness of physical fitness	Participates in physical activity	Independently maintains physical fitness
<ul style="list-style-type: none"> Tolerates physical fitness activities Cooperates during physical fitness activities 	<ul style="list-style-type: none"> Demonstrates awareness of physical fitness Identifies personal goals for health and fitness. Participates actively in games, outdoor play, and other forms of exercise that enhance physical fitness. Participates in physical activities to relax, relieve stress, and share healthy movement activities with friends. Regularly participates in physical activities during and after school. Combines motor skills with the use of sport equipment to perform specific skills 	<ul style="list-style-type: none"> Participates in physical activity Meets developmentally appropriate standards of physical fitness. Maintains a health-enhancing level of physical fitness through practicing a healthy lifestyle. Develops outdoor and lifelong leisure pursuits. Participates regularly in fitness-enhancing activities out of school. Participates in activities that can be continued throughout a lifetime.

Domestic Care Skills

Prepares Food		
Demonstrates an awareness of food preparation procedures	Participates in preparing some food with assistance	Independently prepares hot and cold food
<ul style="list-style-type: none"> Tolerates food preparation activities Cooperates in food preparation activities 	<ul style="list-style-type: none"> Demonstrates an awareness of food preparation procedures Gathers needed food and equipment. Washes hands before handling food. Opens packages, plastic wrappers and containers. Rinses fresh fruits or vegetables Demonstrates proper use of butter knife Cuts with knife. Spreads with knife 	<ul style="list-style-type: none"> Participates in preparing some food with assistance Prepares simple packaged foods. Follows simple preparation instructions. Pours ingredients without spilling. Measures ingredients accurately. Slices, peels and chops food.

Performs Household Chores		
Demonstrates an awareness of household chores	Participates in some household chores with assistance	Independently performs necessary household chores
<ul style="list-style-type: none"> Cooperates in household chores activities 	<ul style="list-style-type: none"> Demonstrates an awareness of household chores Vacuums carpet with assistance Dusts furniture with assistance Sets/clears table with assistance Washes/Dries/Puts dishes away dishes with assistance Loads/Unloads dishwasher with assistance Cleans bathroom with assistance Empties trash with assistance Makes a bed with assistance 	<ul style="list-style-type: none"> Participates in some household chores with assistance Vacuums carpet Dusts furniture Sets/clears table Washes/Dries/Puts dishes away dishes Loads/Unloads dishwasher Cleans bathroom Empties trash Makes a bed

Cares for Clothing		
Demonstrates an awareness of procedures to care for clothing	Participates in the care of clothing with assistance	Independently cares for clothing
<ul style="list-style-type: none"> Cooperates clothing care activities 	<ul style="list-style-type: none"> Demonstrates an awareness of procedures to care for clothing Puts dirty clothes in hamper Puts clean clothes away with assistance Sorts clothes according to color Folds clothes with assistance Hangs clothes on hanger Operates washing machine with assistance Operates clothes dryer with assistance 	<ul style="list-style-type: none"> Participates in the care of clothing with assistance Selects appropriate cleaning products and supplies Cares for clothing Launders according to care instructions Sews on buttons Mends a tear in clothing

Uses Common Household Tools		
Demonstrates an awareness of the proper use of common household tools	Participates in the use of common household tools with assistance	Uses household tools independently
<ul style="list-style-type: none"> Cooperates in activities using common household tools 	<ul style="list-style-type: none"> Demonstrates an awareness of the proper use of common household tools Uses simple items appropriately (e.g. stapler, hammer, tape, etc.) with assistance Uses kitchen utensils properly (e.g. eating utensils, tongs, spatula, rolling pin, etc.) with assistance Uses common measuring tools in correct context with assistance Uses a ruler to measure length with assistance Uses a scale to measure weight with assistance Uses measuring cups to measure ingredients with assistance Uses the clock as a tool to measure time with assistance 	<ul style="list-style-type: none"> Participates in the use of common household tools with assistance Uses simple items appropriately (e.g. stapler, hammer, tape, etc.) Uses kitchen utensils properly (e.g. eating utensils, tongs, spatula, rolling pin, etc.) Uses common measuring tools in correct context Uses a ruler to measure length Uses a scale to measure weight Uses measuring cups to measure ingredients Uses the clock as a tool to measure time

Uses Common Household Appliances		
Demonstrates an awareness of common household appliances	Participates in the use of common household appliances with assistance	Uses household appliances independently
<ul style="list-style-type: none"> Cooperates in activities using common household appliances 	<ul style="list-style-type: none"> Demonstrates an awareness of common household appliances Operates a blender with assistance Operates mixers with assistance Uses the microwave with assistance Operates toaster with assistance Uses burners on a stove with assistance Operates oven with assistance 	<ul style="list-style-type: none"> Participates in the use of common household appliances with assistance Operates a blender Operates mixers Uses the microwave Operates toaster Uses burners on a stove Operates oven

Uses Common Household Communication Devices		
Demonstrates awareness of household communication devices	Participates in the use of household communication devices	Independently uses household communication devices
<ul style="list-style-type: none"> Cooperates in activities using common household devices 	<ul style="list-style-type: none"> Demonstrates awareness of household communication devices Appropriately uses computer with assistance Appropriately uses computer printer with assistance Uses computer peripherals (e.g. headphones, microphone, digital camera, speakers) with assistance Uses input devices (e.g., mouse, keyboard, remote control) to successfully operate computers, VCRs, telephones, and other technologies with assistance Uses the telephone with assistance Uses technology for entertainment with assistance Uses the VCR/CD player with assistance 	<ul style="list-style-type: none"> Participates in the use of household communication devices Demonstrates basic computer operation. Appropriately uses computer printer. Uses computer peripherals (e.g. headphones, microphone, digital camera, speakers) Uses input devices (e.g., mouse, keyboard, remote control) to successfully operate computers, VCRs, telephones, and other technologies Uses the telephone Uses technology for entertainment Uses the VCR/CD player

Makes Purchases		
Demonstrates awareness of shopping	Participates in aspects of the shopping experience with assistance	Independently manages shopping
<ul style="list-style-type: none"> Cooperates in shopping activities 	<ul style="list-style-type: none"> Demonstrates awareness of shopping Shops in a grocery store with assistance Prepares a grocery list with assistance Follows a written/pictorial grocery list with assistance Locates items in the store with assistance Shops in a department store with assistance Locates items on list with assistance Selects clothing size with assistance Orders and pays for own meals when eating out with assistance Counts and exchanges money in real-life situations with assistance 	<ul style="list-style-type: none"> Participates in aspects of the shopping experience with assistance Shops in a grocery store Prepares a grocery list Follows a written/pictorial grocery list Locates items in the store Reads label/freshness date Shops in a department store Finds a specific business or department in a store. Locates items on list Asks store clerks for product information before buying an item. Selects clothing size Orders and pays for own meals when eating out Recognizes, counts and exchanges money in real-life situations

Manages Money		
Demonstrates awareness of money management	Participates in money management with assistance	Independently manages budget
<ul style="list-style-type: none"> Cooperates in money management activities 	<ul style="list-style-type: none"> Demonstrates awareness of money management Identify and give the values of collections of pennies, nickels, and dimes. Use play or real money to decide whether there is enough money to make a purchase Find the value of a collection of coins and dollars. 	<ul style="list-style-type: none"> Participates in money management with assistance Determine the amount of change from a purchase. Find the value of a collection of pennies, nickels, dimes, quarters, half-dollars, and dollars Explain that people exchange goods and services to get the things they want

Manages Living Options		
Demonstrates awareness of living options	Participates in planning for living options	Independently manages living options
<ul style="list-style-type: none"> Cooperates in managing living options activities 	<ul style="list-style-type: none"> Demonstrates awareness of living options Identifies personal needs in a living situation Identifies living options in ads Determines which living option best serves personal needs. 	<ul style="list-style-type: none"> Participates in planning for living options Visits apartments available for rent. Compares living options. Reviews a lease. Enters into a housing agreement

Community Access Skills

Utilizes Postal Services		
Demonstrates awareness of postal service	Participates in using postal services	Independently utilizes postal services
<ul style="list-style-type: none"> Cooperates in postal service activities 	<ul style="list-style-type: none"> Demonstrates awareness of postal service Prepares a letter for the mail with assistance Puts letters in mailbox Prepares and sends packages with assistance 	<ul style="list-style-type: none"> Participates in using postal services Prepares a letter for the mail Prepares and sends packages Utilizes the services of the post office.

Utilizes the Library		
Demonstrates awareness of library	Participates in utilizing the library	Independently utilizes the library
<ul style="list-style-type: none"> Cooperates in library activities 	<ul style="list-style-type: none"> Demonstrates awareness of library Obtains a library card. Asks for assistance from the librarian with assistance Finds books at the library with assistance Finds tapes or CD's at the library with assistance Checks out library material with assistance 	<ul style="list-style-type: none"> Participates in utilizing the library Utilizes the services of the library Asks for assistance from the librarian Finds books at the library Finds tapes or CD's at the library Checks out library material.

Participates in Community Events		
Demonstrates awareness of community events	Participates in community events with assistance	Independently plans for and participates in community events
<ul style="list-style-type: none"> Cooperates in managing living options activities 	<ul style="list-style-type: none"> Demonstrates awareness of community events Participates in local sports or activities with assistance Participates in evening events at school or community with assistance 	<ul style="list-style-type: none"> Participates in community events with assistance Visits other people in their homes Belongs to school or community organization Participates in local sports or activities Participates in evening events at school or community

Accesses Vocational Opportunities		
Demonstrates awareness of vocational opportunities	Participates in planning for vocational opportunities	Independently accesses vocational opportunities
<ul style="list-style-type: none"> • Cooperates in vocational opportunity activities 	<ul style="list-style-type: none"> • Demonstrates awareness of vocational opportunities • Shows interest in job or career. • Talks about realistic future educational or career goals. • Participates in work experiences • Completes vocational assessment. 	<ul style="list-style-type: none"> • Participates in planning for vocational opportunities • Identifies job openings • Completes job applications • Interviews for jobs • Obtains employment. • Accesses resources and tools to meet vocational needs.